

GENERAL INFORMATION



Should anyone like a Printed copy of the newsletter please ask at the Jubilee reception.

An alternative electronic version of this newsletter in PDF format, as well as previous releases, is available on the AgeUK Bury website. Find it on the 'Get Involved' - 'Newsletters' web tabs.



We have a new Facebook page !!
Please find and visit us at <https://www.facebook.com/AgeUKBury/>

Don't forget to hit that Follow!



SCAM UPDATE WARNING

Reports have come in of someone to be posing as a Carelink24 representative trying to gain access to people homes pretending to be assessing and providing the emergency personal alarm system.

Unless you have made a pre-arranged appointment please do not let anyone into your home.



SCAM AWARENESS PROGRAMME



Avoiding Scams

A Scam specialist from AgeUK Manchester will be at the Jubilee on **Tuesday 8 April at 11.00 - 12.00 am**, hosting a special session making people aware and up-to-date with latest in scams and how to spot and avoid them.

The talk covers: How to spot a scam; How to keep yourself safe from scams; How to report a scam; Signposting to support services for scam victims. The talk lasts about an hour.



POLICE FOCUS GROUP

Have your say!

What would you like from the Police?

Stop by the Jubilee Centre and put your questions, thoughts and ideas to a select panel of special inspectors ready to listen to you.

This is not a complaints forum.

This is a chance to put your ideas across in a face to face group.

Join in on Friday, 7th March at 11.30 am till 14.00 pm at Jubilee



NEURO IN NATURE SESSIONS

Neurological Mindfulness

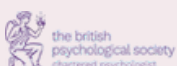
Neuro In Nature is a non-profit organisation, led by two Clinical Psychologists,

They offer accessible nature connection, mindfulness and grounding exercises for people living with a long term neurological conditions such as Parkinson's disease, MS, Stroke or Brain injury. The sessions in Bury are part funded by NHS Greater Manchester.

Every second Monday at 10.30 am till 12.30 pm in the Jubilee Centre

Tickets are available online via *Eventbrite* or people can book as many sessions as they wish at Jubilee reception at just £3 a session. Refreshments will be available.

DATES:
24 Feb
10 Mar
31 Mar
14 Apr
28 Apr
12 May



DIGITAL SKILLS WORKSHOP

Technology & Café Drop-in every Monday, 10.00 am - 12.00 noon

Are you interested in improving your tech skills?
Need help with anything online?

In association with Bury Council we are providing free information, advice, and guidance on a variety of topics related to using the internet and navigating the digital world.

'Digital Buddies', will be available at the Jubilee to assist with online navigation, completing forms, and making the most of your computer, tablet, or smartphone.

Learn more about technology by attending one of the Monday drop-in sessions from 10.00 am to 12.00 noon.



SCOPE AT DUMERS

Community Disability Energy Advice

Scopes community Disability Energy Advisors are holding a free energy advice and support drop in at 245 Dumers Lane, Radcliffe, M26 2GN on **Wednesday 26th March 13.00 pm - 15.00 pm**



Scope can help anyone with a disability, health condition, who is of pensionable age, or is struggling with their energy costs.

Scope can give you tips on saving energy, discuss energy suppliers and tariff changes, tell you about available free schemes, and discuss emergency support, and can inform you and help guide you to access these services.

Provide energy and water advice, energy efficiency, switching tariffs and providers, schemes and support you may be eligible for referral for specialist support, energy debt advice, emergency support.

Stop by Dumers Lane Community Hub, refreshments will be available.

DUNELM CHAMPIONS - THANK YOU

Visit to Dunelm, Radcliffe

Steph and Ania visited the store at Radcliffe to present Steph and Jenny, the Dunelm Champions with flowers as a thank you for all the gifts we received from their Delivering Joy campaign.

We also presented them with two collages of pictures and some of the comments we received from our clients, so that staff and customers can see the impact the gifts made.

Steph from Age UK Bury, has spoken to Steph and Jenny at Dunelm and we are going to be on their chosen charity list, to be working with them again for Delivering Joy Christmas 2025.



ITS ALL UNIQUE

Handmade Crafts Sale

Ann, our volunteer gardener is returning to the Jubilee Café with her stall of handcrafted items.

A wide range of one-of-a-kind pots and other objects will be on display.

Stop by and support Ann and Age UK Bury and grab yourself a beautiful bargain.

The stall will be open on the dates shown.



MARCH
Mon - 10
Tue - 18
Wed - 26

APRIL
Fri - 04

JUBILEE ACTIVITIES - HIGHLIGHT



Belly Dancing - Ladies Only

Belly Dancing is a great way to gain strength and tone muscles and get healthier.

It's a low impact form of exercise and gives you an aerobic workout helping improve your flexibility, stability and core strength.

Furthermore, it can help with your joints, balance, and posture.

It's a fun social activity as well as a calming and peaceful experience.

Visit a class on a Tuesday at 13.30 pm - 14.30 pm to learn more about the advantages of belly dancing. Class fee £5.

THE 100 NUMBERS CLUB JANUARY WINNERS

NUMBERS
STILL
AVAILABLE!

Congratulations 1st Prize Winner
Num 25 - Jane Lees - £75

2nd - Num 40 - Margaret Sparrow - £45.00

3rd - Num 59 - Yvonne Leech - £15.00

Try your luck and join in on the monthly fun.
Simply visit our website, complete the form,
and get ready for the upcoming drawing. Wishing you luck!



We have 60 members taking part

JUBILEE ACTIVITIES - HIGHLIGHT



Bury Folk Dance Club

Bury Folk Dance Club has been in existence for more than 50 years and now makes its home at the Jubilee Centre. We meet on the first and third Mondays of the month, unless otherwise announced (eg. Easter and Bank Holidays) - see notices in the Jubilee Centre and Bury Folk Dance Facebook page

We meet from 7.45pm until 9.45pm and the cost is £5 per person.

What do we do? We have fun, socialise and provide physical and mental exercise.

Think Ceilidh, country dancing and barn dance!

We have five callers who explain the dances and call throughout to recorded music.

Twice a year we have live music (next one on Monday, 17 March) and we also have a Ceilidh with a band in aid of AgeUK Bury (Friday, 13 June). All welcome.

It is great way to make new friends and to enjoy a healthy life! If you are interested please enquire at Jubilee reception or call 0161 763 9030.



HANDYPERSON SERVICE

Need DIY help or have repair jobs?

We have a service especially for you.
For a small cost, we can help! Depending on the scale and length of work being done and materials required.

Please call Sue with your enquiring to 0161 796 6949 or email hp@ageukbury.org.uk



EVENT - UPDATE

Tom Jones Tribute Show

As a fantastic Tom Jones, David Kidd was an absolute pleasure to listen to. Additionally as a Welsh singer his authenticity came across in both his voice and songs.

It was a delight to hear David and demonstrated why he was successful on The Voice UK.

Everyone remarked on how wonderful he sounded and how charming he was, along with his wonderful assortment of Tom Jones tales.

The fact that everyone had an fantastic evening was *Not Unusual!* :)

All profits from events goes to supporting people aged 50+ in Bury and surrounding boroughs



JUBILEE LUNCH CLUB

Every **TUESDAY** at 12.00 pm



Stop by and enjoy a special meal and get to know new people or catch up with old friends.

Our Café manager's exciting new menu will leave your taste buds tingling and craving more.

Consisting of a special two course menu - a main, a sweet and a hot drink. Special price of £9.75

All welcome! Reserve your place at the Café or at Jubilee reception by calling 0161 763 9030

MUSIC IN MIND - MUSIC CHAMPION

Would you like to help people with dementia?

Do you like music?

Would you like to bring joy to the lives of people with dementia by making music together?

Volunteer to be a music champion!

This will be a rewarding experience and no musical knowledge required!

Please call Jubilee on 0161 763 9030 or email admin@ageukbury.org.uk expressing your interest and for more information.



CHARITY SHOP ITEMS - NOW ONLINE

www.vinted.co.uk/member/249292027



Are you interested in items we have in our shops but unable to get to them? We now have an online Vinted store to compliment our shops with specially selected items. Please have a browse and grab yourself a bargain.

Go to the Vinted website and just search for Ageukramsbottom or search for Member Number: 249292027

UNUSED CURRENCY

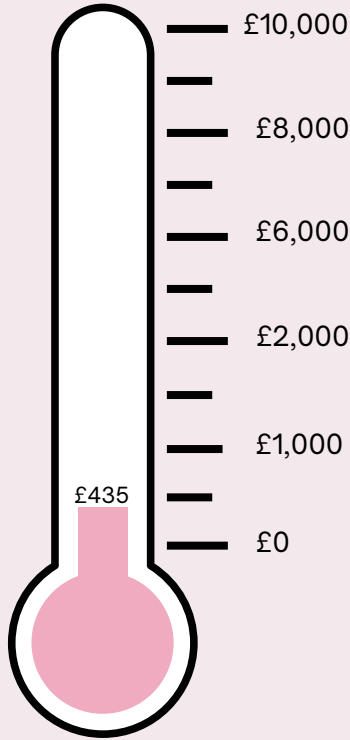
Foreign or British currency

Any cupboards or drawers with currency you can't spend or change? Then please, help us raise funds by donating your old foreign or British currency, even if not in circulation anymore, notes and coins gratefully accepted.

Drop off points – The Jubilee Centre or our charity shops in Bury & Ramsbottom. Shop address details can be found on our website.



GOAL
£20,000



FUNDRAISING UPDATE

REFURBISHMENT FOR THE JUBILEE CENTRE

Patrick McEvoy - Bury Lodge of Relief - £150

A generous donation from Pat was received toward the building fund. A huge thank you Pat!

Donations of brand-new, unwanted items that might work as tombola or raffle prizes would be greatly appreciated.

Donations



VACANCIES AND OPPORTUNITIES

Full time & Volunteering



JOB VACANCY

CLEANER - JUBILEE CENTRE

We are looking for a Cleaner for the Jubilee Centre.

Tasks include: general cleaning around the Centre, Kitchen, Toilets and Offices.

Monday to Friday, 2 hours per day.

We are looking for someone who is reliable, and takes pride in keeping spaces clean and welcoming.

Closing date is Wednesday, 5 March.

Please call Jubilee on 0161 763 9030 or email admin@ageukbury.org.uk for an information pack or visit our website for full details.



VOLUNTEERS NEEDED

KEEPING-IN-TOUCH SERVICE



Do you have spare time to support those in need via a friendly telephone call?

There is a high demand for our phone service. We make an effort to stay in touch with those who are confined to their homes, manage independently, or simply want a kind voice on the other end of the phone.

Please contact **Steph** on **07725 735811** or email steph@ageukbury.org.uk for more information if you would like to volunteer and make a difference.

VOLUNTEERS NEEDED

SHOPS & CAFE

Do you have any spare time?

Would you like to do something rewarding and socialy active?

We are looking for volunteers to help the charity in many areas of the organisation.

Would you like to help out in one of our charity shops in Bury or Ramsbottom?

or the Café at the Jubilee Centre?

or have DIY skills and can help in our Handyperson Service?

We would love to hear from you. Please call Jubilee on 0161 763 9030 or email admin@ageukbury.org.uk for further information and for a volunteer pack.



UPCOMING EVENTS

List of events, entertainment and fun social gatherings.



Keep a look out here and our our website for upcoming information

If you have an upcoming function or special occasion and would like to have it at the Jubilee Centre then call 0161 763 9030 and ask for Ania/Leisa to discuss hiring the room and amenities or email events@ageukbury.org.uk with your enquiry

FINALLY... A BIT OF FUN

Limerick of the Month - Valentines

On Valentines its an occasion to be dreamy
but romantic writing really ain't easy
hence this poem is poor
lacking any amour
that's why its turned out so cheesy.

